



CURRICULUM LIST

ABUSE INTERVENTION GROUP CURRICULUM & CORRESPONDING CHAPTERS IN “BECOMING ALLIES”

WORKING AGAINST (GENERAL)

Male socialization/”Act like a man”/”Act like a lady” box (Chapter 6)
Allies Model/Three causes of abuse (Chapter 13)
Hurtful behavior vs. abusive behavior (Chapter 1)
Abusive Behavior Defined (Chapter 1)
Sexual Abuse Defined (Chapter 3)
Financial Abuse Defined (Chapter 4)
”DV house” (Chapter 5)
Self-talk (Chapter 5)
Pro-abuse beliefs/When is abuse justified? (Chapter 5)

WORKING AGAINST YOURSELF (DISCONNECTION)

Denial process/3 ways of managing uncomfortable feelings (Chapter 7)
Defense Mechanisms (Chapter 7)
Stuffing vs. letting go of feelings (Chapter 7)
Shame/guilt (Chapter 9)
Mood altering substance abuse and activities and connection to abuse/violence (Chapter 8)
Passive stance (Chapter 10)
Externalizing (Chapter 13)
Treatment interfering behaviors

WORKING AGAINST THE OTHER (DISREGARD)

Self-absorption/egotism defined (Chapter 13)
Relational neglect (Chapter 1)
Differing perspectives can be equally legitimate (Chapter 21)
”Logic” is still based on individual assumptions (Chapter 21)
Business card metaphor (Chapter 21)
Secrecy vs. privacy

WORKING AGAINST THE RELATIONSHIP (DISTRUST)

Evans’ Power Model: Power Over vs. Personal Power (Chapter 5)
Contempt (Chapter 1)
Attitudes towards/assumptions about women
Radiating intensity (Chapter 1)
Controlling behaviors (Chapter 2)

WORKING WITH (GENERAL)

Internal vs. external focus (Chapter 10)

WORKING WITH YOURSELF (CONNECTION)**SELF-AWARENESS**

Physiological Self-Observation (Chapter 17)

Emotions 101 (Chapter 16)

Anger as a secondary emotion (Chapter 16)

Mindfulness/non-judgmental self-awareness (Chapter 17)

Wise mind (Chapter 16)

Emotional barometer (Chapter 16)

Identifying needs vs. wants (Chapter 19)

SELF-MANAGEMENT

Primary accountability (Chapter 10)

Warm-blooded/cold-blooded (Chapter 10)

Self-compassion (Chapter 18)

Self-care (Chapter 19)

Pornography/erotica use (Chapter 3)

Negative peer associations (Chapter 27)

Time-outs (Chapter 14)

Holiday stress

Radical acceptance (Chapter 15)

Language is necessary to process emotions (Chapter 16)

Ways you're working your program (internalizing the program) (Chapter 26)

Relapse process/warning signs (Chapter 26)

WORKING WITH THE OTHER (REGARD)

Being relational (Chapter 21)

Impact of abuse on victims (Chapter 11)

Impact of abuse on children (Chapter 12)

Impact of abuse on others/collateral/society

Partner recovery process (Chapter 22)

Amends (Chapter 22)

Making an accountable apology (Chapter 14)

Listening with an agenda vs. listening for information (Chapter 24)

Intention vs. perception (Chapter 21)

Platinum rule (Chapter 21)

Love languages (Chapter 21)

Humility (Chapter 21)

Male privilege/entitlement

How is the group doing?

WORKING WITH THE RELATIONSHIP (TRUST)

Assuming a collaborative relationship—seeing your partner as an ally (Chapter 15)

Non-coerced informed consent (Chapter 3)

Influence versus coercion
Negotiation exercise
Qualities of a healthy relationship (Chapter 25)
Qualities of a good romantic partner
Qualities of a good parent
Conflict as a path to intimacy (Chapter 24)
Assertiveness (Chapter 24)
Staircase of assertiveness (Chapter 24)
"I feel" statements (Chapter 23)
Communication skills (Chapter 23)
Getting to Yes/conflict resolution/negotiation (Chapter 24)
Repair attempts (Chapter 14)
Compassionate boundaries (Chapter 24)
Effective discipline with children/spanking/physical discipline
Healthy Sexuality (Chapter 25)
Intimacy (Chapter 25)
Emotional bank account